

Trusting In God's Strength

Psalm 20

MEMORY VERSE

PSALM 20:7

“Some trust in chariots, and some in horses; but we will remember the name of the LORD our God.”

WHAT YOU WILL NEED:

Felt precut into 12”x 24” rectangles, glitter or fabric paint, glue, 1/2” doweling cut into 14” lengths, string or yarn, and scissors.

Four different colors of ribbon or yarn, scissors, and tape.

ATTENTION GETTER!

Chain Gang

This is a fun game to get the children to work together. We are going to learn in our lesson today that Israel came together when they were in trouble and prayed to the Lord. We should do the same thing and see how God will work to help us when we have problems.

Tell the children that they are going to make a long chain. Tell them that they can use any item they brought to class or items in the classroom to make the chain. For example, children could unlace their shoes and tie the laces to the chain, tie their jackets to the chain, use key chains, or even use their socks! From the classroom, kids might use rubber bands, paper clips, tape, yarn, hangers, or any other safe supply item you have available.

Encourage all of the children to participate by adding whatever items they can find. The key is for them all to contribute something to the “chain.” When the chain is finished, applaud the children’s creativity and cooperation. Take note of creative additions or unusual items. You might want to measure the chain to see how long they made it. Also, allow some time for “creative

cleanup” as they take apart the chain and put the items away. Remind the children that when we have problems in life we need to come together and pray, just as Israel did in Psalm 20.

LESSON TIME!

Have you ever been faced with a difficult situation that left you feeling hopeless and really sad? When things in our life are going well, we feel well and secure. We may even feel that we can control things in our lives through our own strength and resources. We might even feel like we have everything we need and do not need anyone else’s help.

But if we were honest with ourselves, we should admit that we are inadequate to have victory over trials when they come our way. Can we control people who want to harm us, a sickness that is deadly, or death itself? When we stop to think about how vulnerable we really are fear could grip our heart. We really can’t take care of ourselves in every situation. We need the Lord!

In our lesson today, we will learn that there is hope for those who put their trust in God to help them. We can be prepared for any great challenge that comes our way, as we trust in the One who is greater than all our trials and circumstances that come against us. God is not only with us, He will help to get us through difficult times in our lives, turning trials into a blessings. **God wants us to trust Him.**

PSALM 20:1-3

May the LORD answer you in the day of trouble; may the name of the God of Jacob defend you;

May He send you help from the sanctuary, and strengthen you out of Zion;

May He remember all your offerings, and accept your burnt sacrifice.

Selah

It's believed that this Psalm of David came at a time when the Ammonites and Syrians joined together for a battle against King David and his people (2 Samuel 10). As we look at Psalm 20, one thing is for sure, King David was faced with a very difficult situation beyond his control and he needed help. Not only was he seeking God's help, it appears that he was joined in the sanctuary of the Temple by many others who interceded (prayed) for him (verses 5 and 9).

As the people called out to God in prayer, they prayed that God would answer their king's request for victory and protection, sending him help from the dwelling place of God. What a beautiful picture of God's people trusting and depending on Him for help! Though God had helped them in the past, they wouldn't take this situation for granted; assuming that God would automatically bring them victory. They had a daily dependence on God, trusting Him for His help. **God wants us to trust Him.**

Prayer is our approach to God. It shows that we are dependent on Him. God wants us to rely on Him for everything. To be praying and listening to Him every day and trusting in Him to help us no matter what. He loves us and desires to help us in our need. The Bible tells us to come boldly to the very throne of God and stay there to receive mercy and to find grace to help us in our time of need (Hebrews 4:16). Like King David and the people of Israel, we too can come with reverence and with a bold assurance before our Lord and King. He is our friend and counselor, He desires to comfort and guide us.

They asked God to remember with pleasure the gifts King David had given Him along with the sacrifices and burnt offerings. Oh that God would be pleased with the faithfulness and devotion of David's heart! King David didn't just flick his heart on fire and off again with God like a light bulb. He had a love and devotion to God that burned like the flame of a candle. It was always going. Though it flickered at times, it never went out. He was a man who trusted in God.

PSALM 20:4-5

May He grant you according to your heart's desire,
and fulfill all your purpose.

We will rejoice in your salvation, and in the name
of our God we will set up our banners! May the LORD
fulfill all your petitions.

Together they call upon the Lord to grant David his heart's desire and to fulfill all his plans. The following Psalm (Psalm 21) reflects God's faithfulness to David as he expresses with joy that God had given him the desires of his heart (Psalm 21:1-6). God had blessed him with life, victory and abundant blessings. King David was secure in the unfailing love of God because God could be trusted.

We too, can place our trust and confidence in God for every need in our lives. Just as the people worshipped God, expressing their confidence that He would answer their prayers, we too can know that we will receive victory over our trials with joy, knowing God will help us. **God wants us to trust Him.** God is faithful. When we trust in Him, we will never be disappointed. If you are going through a difficult time, give your problem to the Lord. He loves you and will help you.

Hold Up Your Banner to the Lord!

You will need felt precut into 12" x 24" rectangles, glitter or fabric paint, glue, 1/2" doweling cut into 14" lengths, string or yarn, and scissors.

Tell the children that they are going to make a banner to hang in their rooms. Give them each a precut felt rectangle. The banner should be 12" across and 24" from top to bottom. Allow them to alter the shape by cutting it on the bottom to make it look more like a banner (small points, etc at the bottom). Across the top place the 14" doweling. Take a small portion of the felt (from the front) and bring it over the doweling, leaving 1" out on each side. Glue this strip to the back of the banner. Next tie the ends of a 24" piece of string or yarn to each end of the doweling. This will allow the banner to be hung up.

Next allow the children to decorate their banner. They may write the verse or just write "I Will Trust In God's Strength" on the banner. They can do this with glue and glitter or with fabric paints. Allow to dry, and then hang up.

PSALM 20:6-8

Now I know that the LORD saves His anointed; He will answer him from His holy heaven with the saving strength of His right hand.

Some trust in chariots, and some in horses; but we will remember the name of the LORD our God.

They have bowed down and fallen; but we have risen and stand upright.

King David was a man who trusted the Lord. He was convinced that the Lord would answer and save him. Because of God's faithfulness in the past, David expressed his assurance that God would give him a great victory. It would be a victory by the saving power of God's right hand, which was the symbol of power (see Exodus 15:6).

David the Psalmist describes the unfailing strength of God's hand in other Psalms (see Psalm 37:23). As we go through life it is the Lord who directs our steps. If we fall, it will not be fatal because the Lord holds us with His hand. God watches over us and directs every step that we take. If you would like to have God direct your way, then follow and trust Him to help you. He won't let you fall as you allow Him to hold you up. King David was about to go into battle; if ever he needed God's help it was now. **God wants us to trust Him.**

It would have been easy for King David and Israel to rely on their military strength, but that would have been a big mistake. Isn't it our tendency to rely on our own strengths and abilities, looking at what we can do when we have a problem instead of giving it to the Lord? So often we find ourselves coasting through life until we hit a speed bump of tragedy that overwhelms us because it's beyond our capability to handle it. Will we trust in our friends, our money, or our skills? King David trusted only in God for help, as we should.

David knew that the true might of his nation was not in weaponry, but in worship. He would not trust in his firepower but in God's power. The people would boast in the Lord their God. Their faith was in His name because God's name reveals His nature, His reputation, and His character. As they pondered on God's love for them, they could face the future with confidence. You can be confident about tomorrow, if you walk with God today. David and his army would stand firm and sure.

PSALM 20:9

Save, LORD! May the King answer us when we call.

Those who came together to worship now pray for the Lord to grant victory by saving their king in battle. What beautiful expressions of God's people depending on Him. They call out to Him for help, trusting in Him to hear and answer their prayer. Soon their faith would be tested, as their enemies would come against them, but God would be by their side.

Next time you are faced with a difficult challenge will you trust in God to help you? We will all face difficult trials that will overwhelm us, but we can find comfort and peace as we put our trust in the Lord to help us. **God wants us to trust Him.** God is trustworthy and faithful to help us face the challenges of life. He will never leave us or desert us.

Safe Zone

The only safe place is with the Lord! This is just a fun game for the children to play. Split the children into four different teams. You will need four different colors of ribbon or yarn, scissors, and tape.

Before you begin the game clear the floor of the classroom. Place one chair in each corner of the classroom. Tape a piece of a different color ribbon or yarn on the wall of each corner. Next place one group in each corner. Then, cut long enough strips of yarn or ribbon of that color to make armbands for each child. So, before they play all of the children should be split into four teams, represented by four different colors and each team should be in their color's corner with the same color armband. Now you are ready to play.

Have each team shift clockwise to the next corner. Let them know that the object of the game will be for all of the team members to get around the room, touching the chair in each color's corner and returning to their own. But they have to do this without being tagged. One child will need to be chosen as "it" (yourself or an aide may want to do this). They will stand in the middle. When you say go the children in the teams will try to get around and touch the next chair without getting tagged by "it." The children are only safe if they are touching a chair. If anyone is not touching a chair they can be tagged. If a child is tagged they have to go back to their beginning place and start over. The first team that gets all of their members around the room to their one color's corner wins.

PRAYER

Lead the children in a prayer of commitment to trust in the Lord to help them with any problems that they may be having. Encourage the children to lift up prayer requests together to the Lord and pray for one another. If there are any children who have not yet responded to the gospel, give them opportunity to do so.